

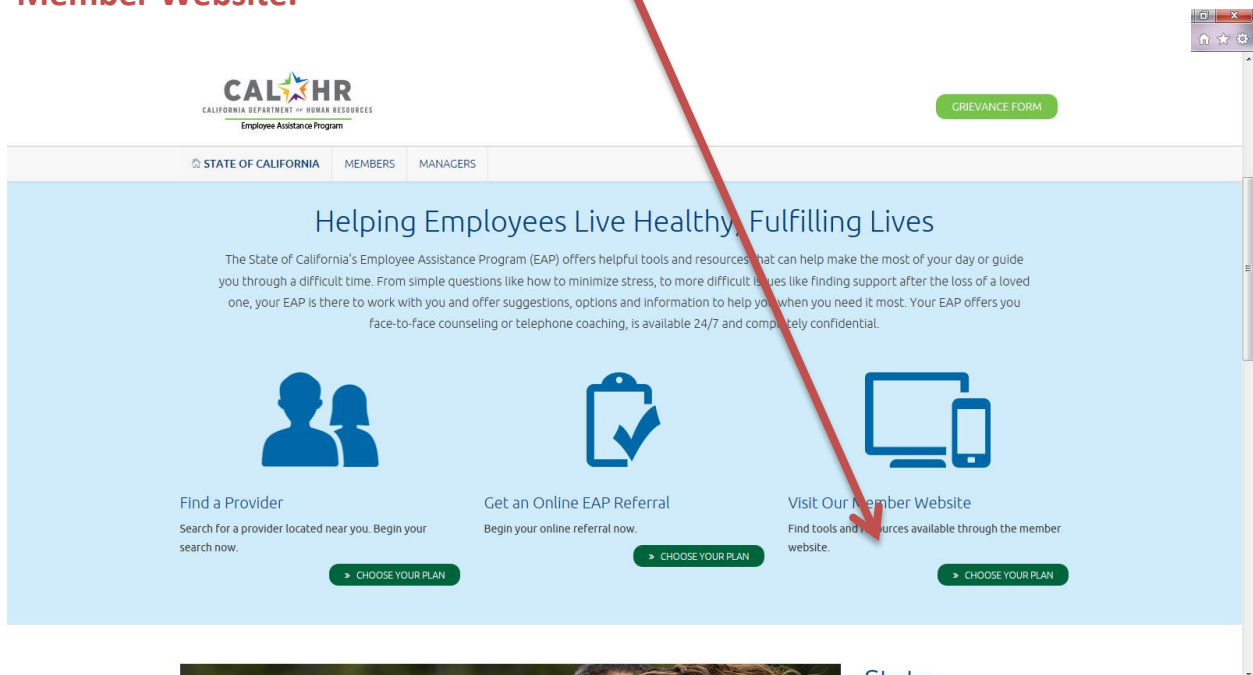
Step-by-Step Instructions to Access EAP Resources

(due to restrictions, you may not be able to access this from work)

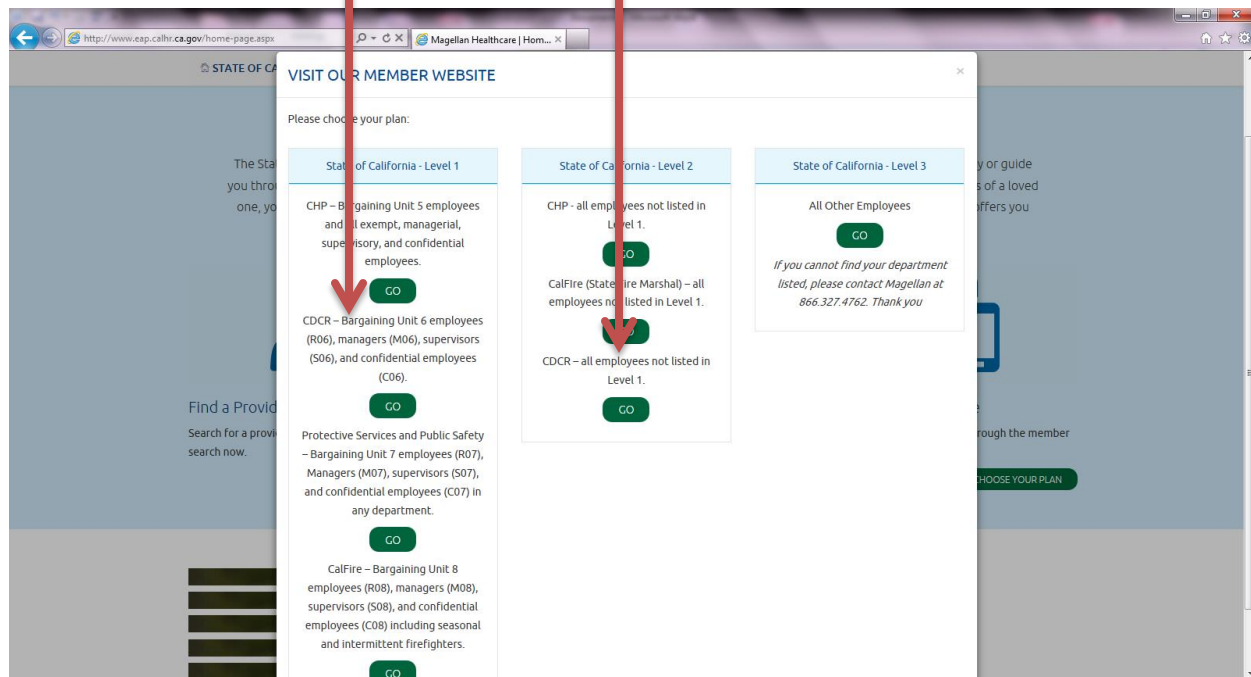
Go to: www.eap.calhr.ca.gov



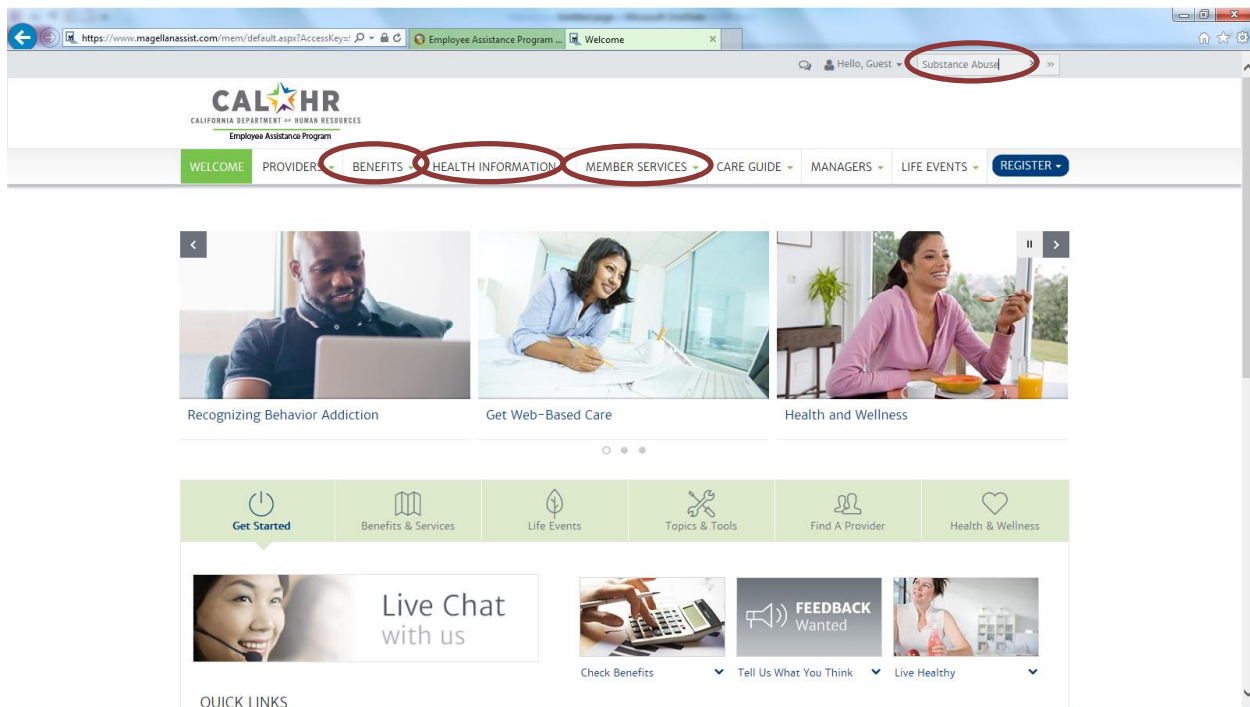
Scroll down the page and click "**Choose Your Plan**" under "**Visit Our Member Website.**"



Choose your plan: **Custody** or **Non-Custody**

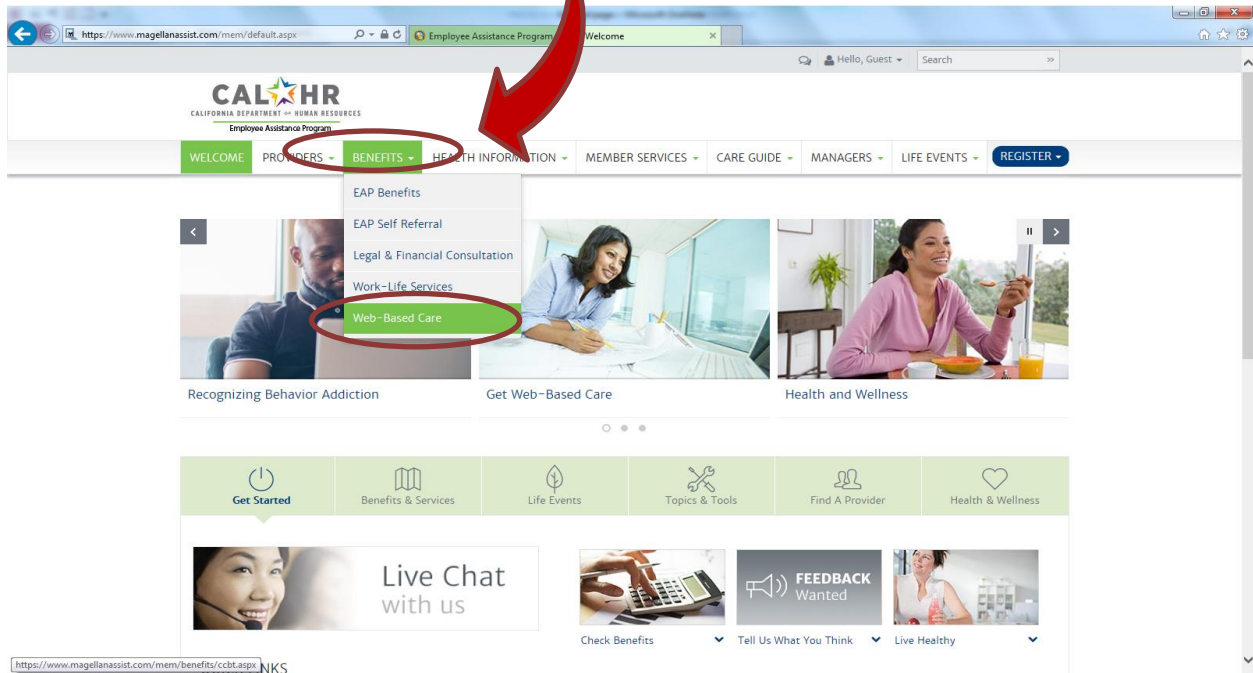


There are several options for finding resources. You may access **Benefits** for Web-Based Care, **Health Information** for printed materials, or **Member Services** for On Demand Learning. You can also **search** for key words for more information.



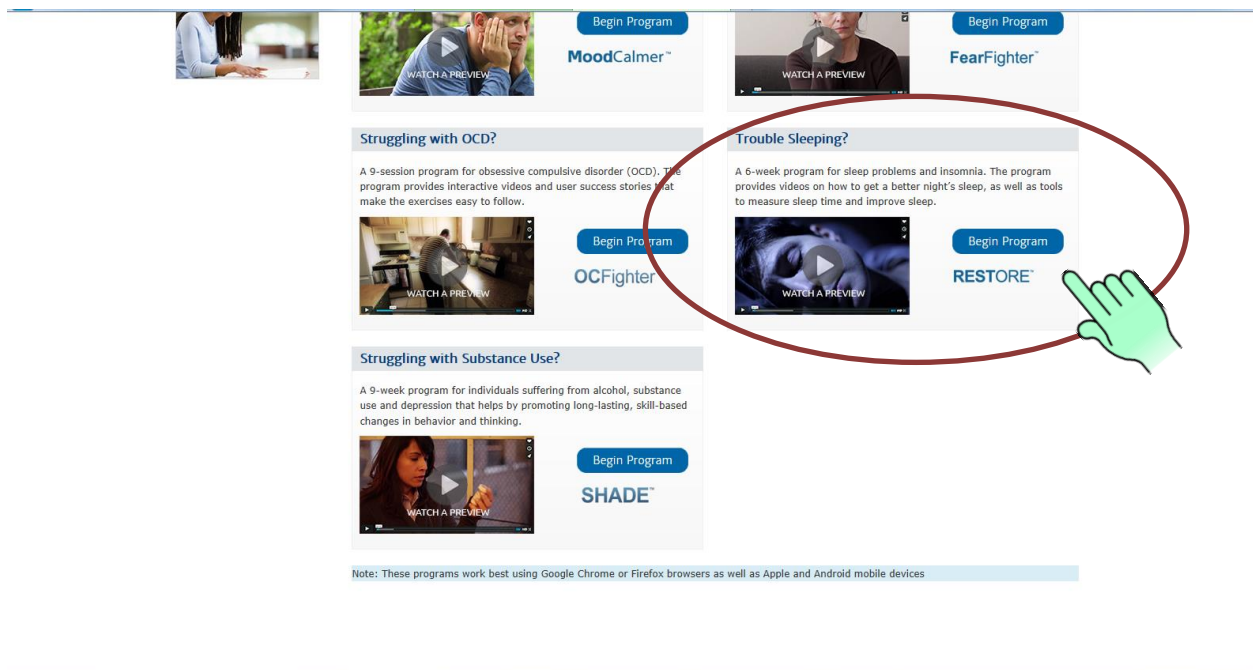
Click on “Benefits”

Click on “Web-Based Care”



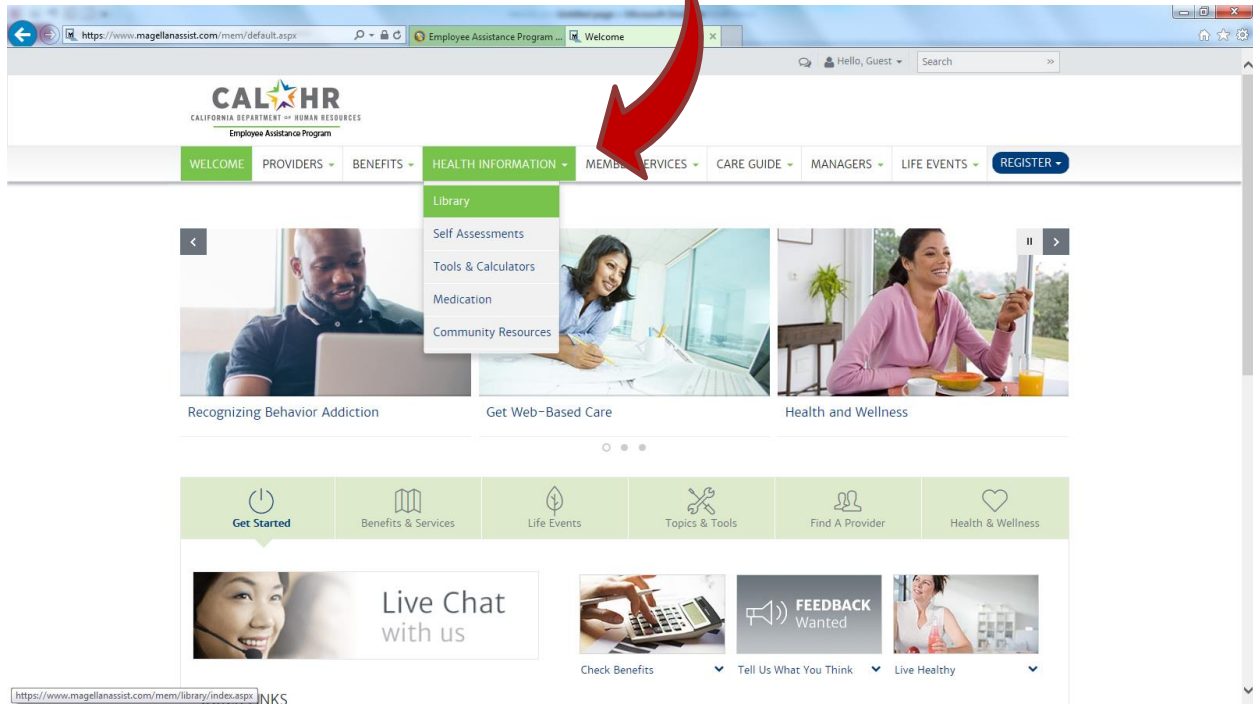
Scroll down the page and click on the Webinar you would like.

Webinars are available 24/7 to view. Recordings from Webinars will be posted ongoing so check back often.



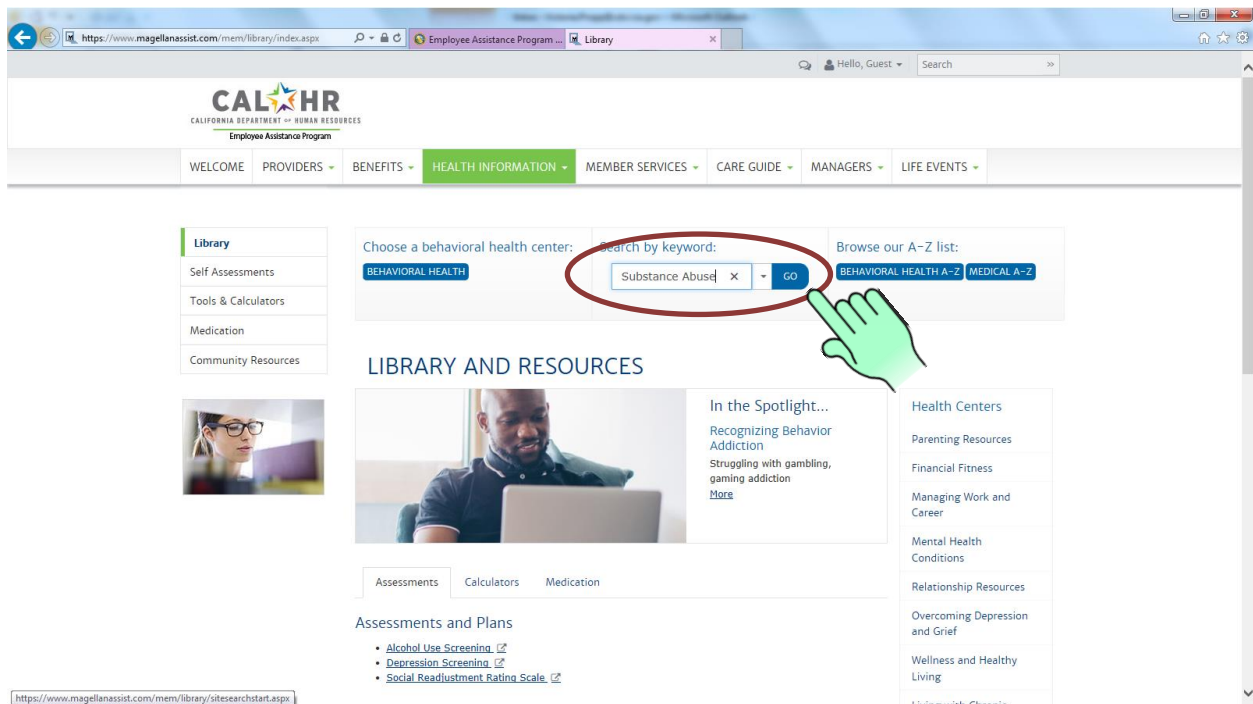
Click on “Health Information”

Click on “Library”



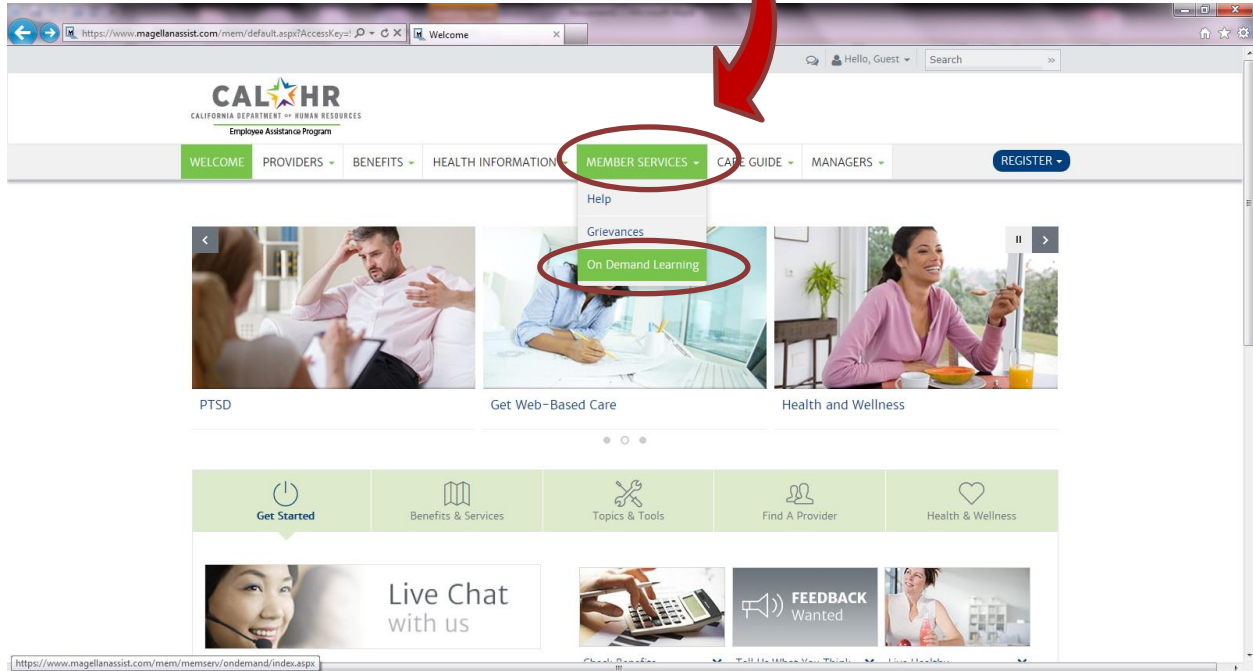
Type in the key words in the library search engine

Click “Go”

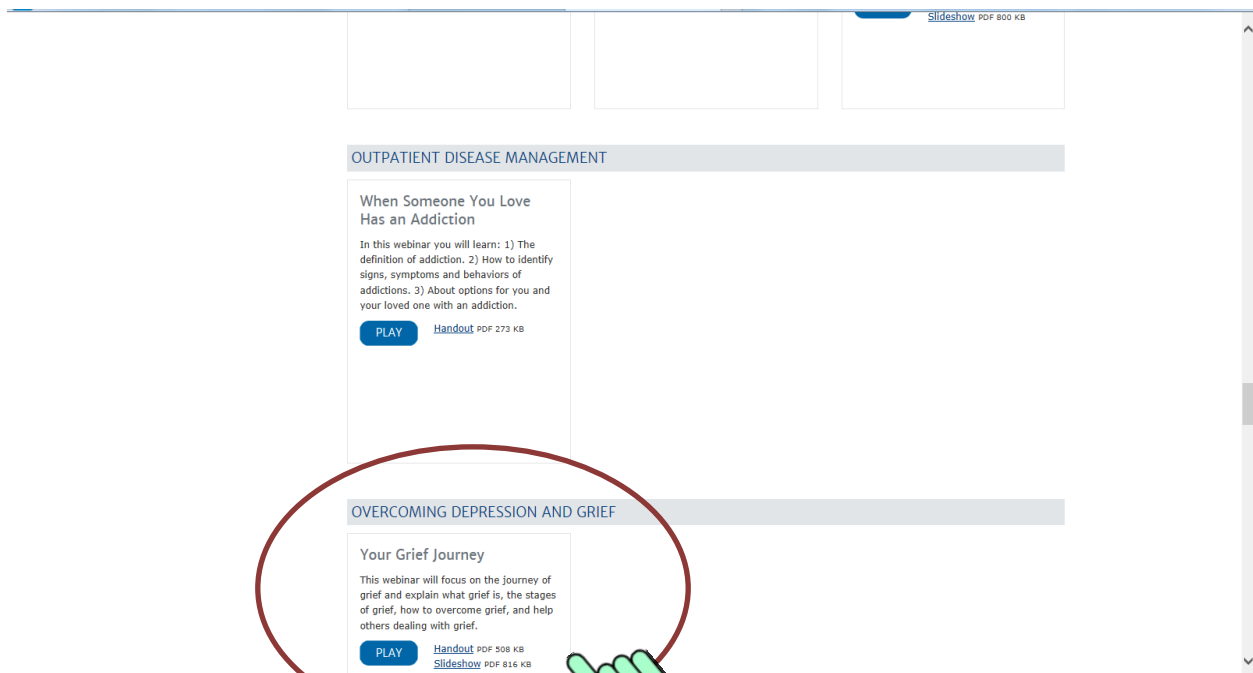


Click on “Member Services”

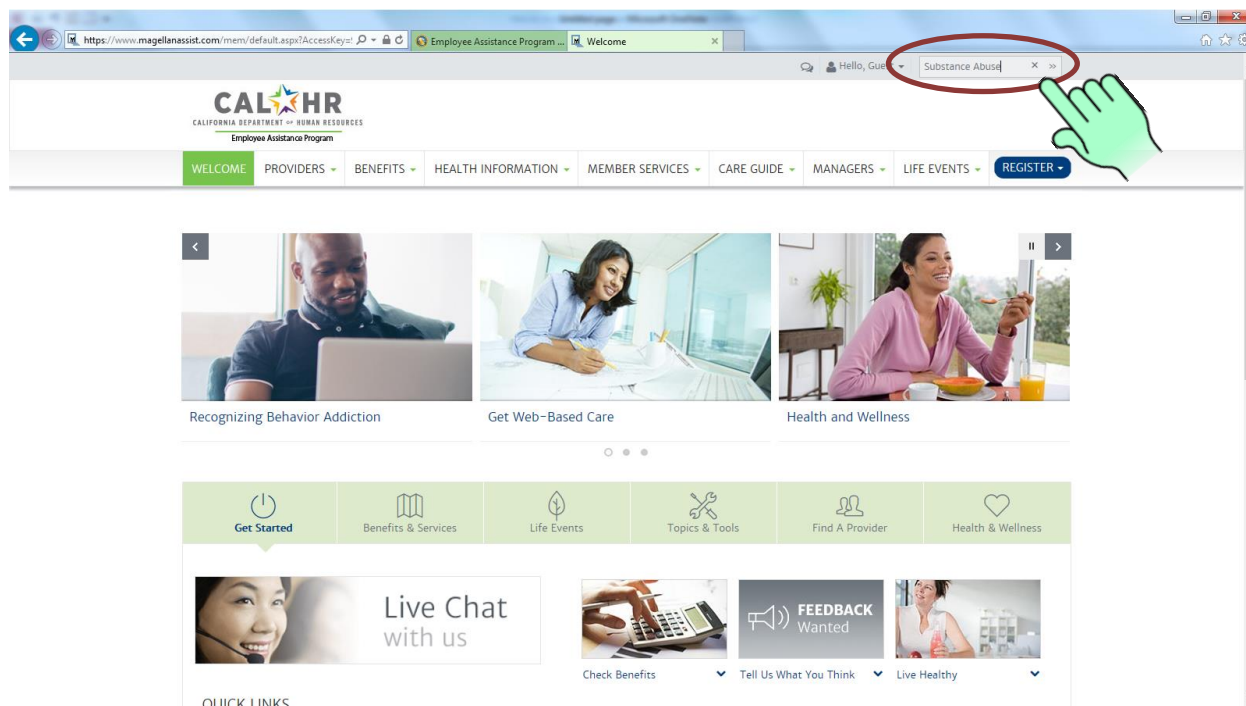
Click on “On Demand Learning”



Scroll down to the services you need.



If you need further resources or can't find what you are looking for, you can type in your request in the “**search**” field at the top of the page.



For technical help or to speak to an EAP representative, please contact **(866) 327-4762**.

Or click the one of the **chat buttons**  at the top or bottom of any EAP webpage.

